

CHUPPERS MARKET PAGE WEEKLY GVIDE.



Connecting the Housewife with Today's Market

SHOPS TO RE-OPEN

EL PASO, Tex., Jan. 27.-The El Paso & Southwestern Railroad repair shops here, which have been closed down since January 1, will re-open February 2, giving employment to between 250 and 30 0mechanics. Offical announcement of the re-opening was made today by General Manager

MINER'S MEAT MARKET SPECIALS

Pork Shoulder Roast, per lb. Fresh Side Pork, Young Veal Roast,

K. C. Beef Pot Roast, 12c Try our Home Made Pure Pork Sausage-per lb., 25c;

A Young Fat Hen or Duck, live or dressed, from our market will make a most enjoyable Sunday Swift's Pure Silver Leaf Lard-

per lb., 25c; We have a new shipment of Fresh Select Large Oysters this

Our line of Quality Pickles are always favored as a relish. Don't forget to include pickles your order.

A breakfast fit for a king consists of ham and fresh country eggs. We have both and the we sell are steadily winning favor with discriminating

Try our K. C. Shoulder 15c We sell for cash so you pay less. Miner's Meat

Market and Grocery We Sell SKINNER'S

the highest grade Macaroni. Spaghetti, Egg Noodles and other Macaroni Products.

HINTS TO YOUNG COOKS

Taken by permission from the copyrighted cookbook, "A Modern Manual of Cooking." Send the coupon for a free copy.

HOW TO MAKE SOUPS

FREE COOKBOOK COUPON

Sign name and complete address and send or bring to Household

Editor, Bisbee Daily Review, Bisbee, Ariz.

To keep juicy pies

from soaking the crust

digestive juices too much. If it is to tables can be cooked separately and been served in it. In hot weather, form the chief part of the meal the added at serving time. ened; especially so if peas, beans, or hours to extract the gelatinous mat- prevent its turning sour. In warm lentils are used as the thickening ters. If the stock is skimmed occas- weather, soups with milk in their

An economical housekeeper may Bones and meats for stock must be tractives, flavoring matters, and gelasupply good gravy and thick soups at broken into small pieces. Cold water tine of meat and bones. very little, if any, addition to the should be used, and a little sait to Consomme is a good stock made from beef, yeal, and often fowl flavexcellent method of using up scraps extract the nutriment. The whole ored with vegetables, cooled, and and bones from vegetables and joints must be brought slowly to the boiling freed from fat. It is clarified with ed that those fruits containing 80 per ishes, cucumbers, onions or celery, London that a loan of 2,500,000 pounds that otherwise would be wasted point, then the temperature lowered whites and shells of eggs and chopped Soup, if taken as the primary course and the fat and seam taken off. When raw lean beef, and strained through of a substantial dinner, if well flav- wanted for clear soups the vegetables a cloth. It should be brilliantly clear ored and warm, acts as a stimulant in used should be cleaned but not cut and of a pale brown color, and may the stomach, exciting the gastric up, or with the long cooking they are be served hot or cold. Any fat floatglands and generally enabling the liable to mash and thicken the soun. ing on the stock may be removed by stomach to perform its functions In hot weather it is better to leave passing a piece of kitchen or blotting more easily. For this object the soup out all vegetables, as the stock turns paper over the surface. Soup left should be thin and not too much of it sour more quickly if vesetables have from a meal will keep better if strainshould be partaken, lest it dilute the been used in its preparation. Vege- ed from the vegetables that have

ionally, it will be much clearer. Keep composition should have a pinch of Stock is the liquid in which meat, the lid on the stock not to prevent baking soda added. bones, or vegetables have been cook- loss by evaporation. The bones can Thickenings for ed, and which contains an extract be cooked again next day for a second ally of yolks of eggs and cream beatfrom these substances. It is used for stock, but the vegetables must be en together in a basin. Pour the boil soups, sauces, and gravies. Fresh or taken out. Care must be taken that ing soup on them slowly, stirring well cooked bones or meat may be used, nothing doubtful in freshness be put at the same time. Souns thus thick A stock pot may be kept on the stove, into the stock pot. Meat and bones ened should not be allowed to boil into which are put any scraps of should be well wiped with a damp again, or they will curdle. Instead meats, bones, gristle, or vegetables; cloth before using them. Onions will of eggs and cream, cornstarch and at the end of the day its contents are help to color the soup if they are lest milk may be used to thicken soups. strained and all the fat removed. unpeeled. Simply wash them and cut

cooking, will help to clear stock, if added to the pot. For clear soups, care must be taken that nothing of a floury nature is added to the stock pot. Stock always should be strained before cooking. Never allow it to

stand in the pot all night.

soup will be more nutritious if thick- The soup should simmer five or six day, and poured into a clean basin to stock left over must be boiled each

Thickenings for soup consist usu-

Cheese Soup Put 11-2 cupfuls of flour in a double boiler, and add gradually 2 cupfuls of cream, 4 tablespoonfuls of Crisco, 4 tablespoonfuls of grated cheese, salt, pepper and paprika to taste, and stir all over the fire until it forms a smooth paste. Add two well beaten eggs, mix thoroughly, cook two minutes longer, and allow to cool. Boil the paste into balls, and when ell are formed, drop them into boiling water and cook them gently for five minutes. Drain, balls and put them into soup tureen. Pour over them three quarts of boiling stock and serve with a dish of finely grated

off the root end. Egg shells, which have been washed before the eggs have been broken to use for other QUALITIES OF FRESH FRUITS MAKE THEM IMPORTANT FOOD

School Nurse

of plants. These seed-bearing por- dried peaches, apricots and prunes. sometimes vegetables.

tent or more water be classed as fla- green corn, peppers or cabbage. vor fruits and those with less than 80 per cent as food fruits-bananas, grapes and fresh figs are the commonest examples of this latter class. In drying the percentage of water falls to 30 per cent or less and the proportion of nutrients correspondingly is higher, so dried fruits fall into the class of food fruits.

As a class, fruits contain little no fat. The olive is a remarkable exception. There is practically no protein in any of the fruits. Sugars and starches are the chief nutrients present. In ripe fruits this sugar is known as fruit sugar. Fruits contain characteristic organic acids and oils which give the peculiar flavor to bananas, strawberries and others. Digestibility of fruits varies with the kind of fruit and mode of preparation. Stewed fruits are more easily digested than raw. Oranges, lemons, grapes, and peaches are very easily digested.

Orange Juice Is Fine Orange juice should be given all growing children and be frequently administered to babies that are artificially fed. In fact, all artificially fed babies should have it daily, beginning with a teaspoonful of strained juice and increasing it to the needs of the individual baby. In case it is difficult to obtain oranges, strained canned tomato juice may be given with equally good results. A great many babies with rough skins would be very much benefitted by the use of either the orange or tomato juice and should have it daily as these contain minerals and vitamines so essential to normal growth.

It is important to those who are obliged to exclude sugar from the dietary to know that the fruits containing the least sugar are the plum. peach, apricot and raspberry. Those apples, sweet cherries, grapes and pears. The apple is especially good in cases of acidity of the stomach The juice of the ripe pineapple contains a remarkable digestive ingredient and is especially powerful in the digestion of proteins. Dates, figs. and prunes are high in food value and sweetness and are satisfactory to a child as candy. The banana contains as much

starch as the potato and therefore it is not easily digested and should never be given to children under twelve years uncooked.

Acids Help the Body Fresh fruits are chiefly of value for their refreshing and appetizing qualities and for their mineral and vitamine constituents. The organic acids help to regulate the body processes Fruits are also valuable for bulk which is an essential factor in diet. Intelligently used, fruits are a valuable part of a well balanced dirt and a more general use of them should be encouraged.

The dried fruits compare favorably with bread, dried beans, and other foods as to energy value.

Over-ripe or unripe raw fruit should never be given children. All fruit should be thoroughly washed before serving.

The fruits and vegetables best suffed to be given children are spinach, chard, best greens, strained stewed tomatoes, stewed carrots, boiled onions, lima beaus, well cooked string beans, peas, mashed cauliflower, squash, stewed celery, asparagus tips

and well baked potato. The fruits Fruits are the seed bearing portions pears, peaches and grapes, stewed are oranges, apples, stewed or baked; tions are sometimes called fruits and Berries, cherries and bananas, plums or pineapples are to be especially NO JESUIT CANDIDATE

LONDON, Jan. 27.-A dispatch to the Central News from Rome asserts that General Ledochowski, leader of the Jesuits, in an interview with the l'opolo Romano, said the Jesuits did not intend to put forward a candidate for pope at the coming conclave.

AUSTRIAN CROWN STRONG

VIENNA, Jan. 27.-Crowns recovered 1100 points on the dollar in the Fresh fruits contain from 75 to \$5 avoided as they are not easily digest. Austrian exchange market today,



For Infants, Invalids and Growing Children Richmilk, malted grain extract in Powder The Original Food-Drink For All Ages No Cooking - Nourishing - Digestible

QUALITY GROCERIES —At Right Prices

SATURDAY SPECIAL

Peaberry Coffee, 25c

Buckwheat Flour, 65c

C. Bugen and Brother

206 Naco Road

SATURDAY SPECIAL .

PORK SHOULDER ROASTS 171/2c - 20c - 25c

All the Fresh Pork sold in our markets is raised in ARIZONA. We do NOT handle Kansas City Pork.

"You scratch thy back and I'll scratch yours."

ARIZONA PACKING COMPANY

JUST ARRIVED

DEL MONTE TOMATOES IN SMALL CANS

Full line of Iris Canned Berries, such as Strawberries, Raspberries, Gooseberries, Loganberries, Blackberries, Blueberries, Huckleberries, and Peaches, Pears, Apricots. The best canned goods on the market.

ARIZONA GROCERY

QUALITY GROCERIES

84 Main Street

RS The Highest Grade Macaroni other Macaroni Products

For Frying-For Shortening For Cake Making

it improves everything you make.

-bake them in a glass plate in a hot oven with the

heat coming from below. The glass heats quickly

and bakes the lower crust before the juice can soak

There are remedies as simple as this for every one

of your pastry troubles. Using Crisco for shorten-

ing will prevent many of them. Crisco helps to

prevent tough pastry because it is the richest short-

ening and works into the dough with little handling.

It prevents indigestible pastry because it is a health-

ful vegetable product. It prevents all greasy taste

because it has neither taste nor odor; its delicacy

permits the full flavor of the pie filling to prevail.

This modern cooking fat is unlike anything you have

tried. Use it for all your cooking and see how much

in. Reduce the heat to finish baking the pie.

hot on the bottom; bake about half an hour. PLAIN CRISCO PASTRY

Try Crisco in this recipe

BERRY PIE

2 tablespoonfuls Crisco
1 generous pint berries
1 cupful sugar

I tablespoonful flour
1/2 teaspoonful salt
Plain Crisco pastry

Line the plate with part of the plain pastry, letting it emerge 1/4 inch beyond the plate; roll the rest of the pastry into a thin sheet, spread one-half with one tablespoonful of the Crisco and fold the other half of the paste over the Crisco; spread the other tablespoonful

of Crisco over half of this paste and fold to cover the shortening; pat and roll into a long-strip; fold three times and roll to fit the lower

paste; make a few slits in the center. Turn the bernes and other ingredients into the pastry-lined plate, brush the edge with cold water,

set the second piece of the paste in place, pressing

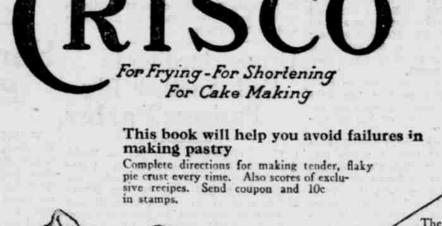
the edges close together; set to bake in an oven

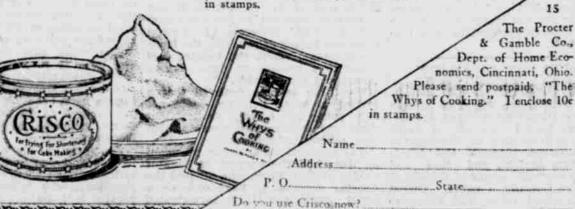
11/4 cupfuls flour 3/2 cupful Crisco

Sift flour and salt and cut Crisco into flour with knife until finely divided Finger tips may be used to finish blend-ing materials. Add gradually suffi-cient water to make stiff paste. Water should be added sparingly and mixed with knife through dry ingredients. Form lightly and quickly with hand into dough; roll out on slightly floured pard, about one-quarter inch thick.

teaspoonful salt Cold water

Use light motion in handling rolling-pin, and toll from center outward Sufficient for one small pie.







OUR WINDOW DISPLAY